AN ALTERNATIVE ORDER OF THE HOLY COMMUNION
COMMONLY CALLED

THE MASS

FOR THOSE CHURCHES IN WHICH THE WESTERN
TRADITION HAS BEEN MAINTAINED

ALSO CONTAINING

BENEDICTION OF THE BLESSED SACRAMENT

PUBLISHED
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CHURCH OF ENGLAND

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BEFORE HOLY COMMUNION

A PRAYER OF ST. THOMAS AQUINAS

Almighty and Everlasting God, behold I approach the Sacrament of thy only-begotten Son, our Lord Jesus Christ.

As one sick I come to the Physician of Life.
As unclean to the Fountain of Mercy.
As blind to the Light of Eternal Splendour.
As needy to the Lord of Heaven and earth.
As naked to the King of Glory.
A lost sheep to the Good Shepherd.
A fallen creature to its Creator.
Desolate to the kind Comforter.
Miserable to the Pitier.
Guilty to the Bestower of pardon.
Sinful to the Justifier.
Hardened to the Infuser of grace.

* * * *

I implore therefore the abundance of thine infinite Majesty, that thou wouldest vouchsafe

To heal my sickness,
To wash my foulness,
To enlighten my darkness,
To enrich my poverty,
And to clothe my nakedness,

That I may receive the Bread of Angels, the King of kings and Lord of lords, with such reverence and fear, such contrition and love, such faith and purity, such devotion and humility, as is expedient for the welfare of my soul.

Grant me, I beseech thee, to receive not only the Sacrament of the Lord's Body and Blood, but also the virtue of the Sacrament.

O most Merciful God, grant me so to receive the Body of thy only-begotten Son, our Lord Jesus Christ, which he took of the Virgin Mary, that I may be incorporated in his mystical Body and ever reckoned among his members.

* * * *

And, O most loving Father, grant me that whom I now purpose to receive under a veil, I may at length behold with open face, even thy beloved Son, who with thee and the Holy Ghost, liveth and reigneth ever One God, world without end. Amen.

THE ORDER OF MASS

THE INTRODUCTORY RITE

The Mass may begin with the singing or reciting of the Introit or a Hymn whilst the priest and servers approach the altar. The congregation stand.

Priest: **In the name of the Father, ✠ and of the Son, and of the Holy Ghost (Spirit).**
Congregation: Amen.

THE GREETING

One of the following formulas is used:

P. **The grace of our Lord Jesus Christ and the love of God and the fellowship of the Holy Ghost (Spirit) be with you all.**
C. And with thy spirit.

OR

P. **The grace and peace of God our Father and the Lord Jesus Christ be with you.**

C. Blessed be God, the Father of our Lord Jesus Christ.
Or: And with thy spirit.

OR

P. **The Lord be with you.**
C. And with thy spirit.

After the Greeting the Introit may be read by the priest if it has not already been said or sung.

THE ACT OF PENANCE

P. **My brothers and sisters, to prepare ourselves to celebrate the sacred mysteries, let us call to mind our sins.**

After a pause all say:

I confess to Almighty God, the Father, the Son, and the Holy Ghost (Spirit), that I have sinned in thought, word and deed, through my own grievous fault. Wherefore I pray God to have mercy upon me.

OR

I confess to Almighty God,
and to you, my brothers and sisters,
that I have sinned
through my own fault *(all strike their breast)*
in my thoughts and in my words,
in what I have done,
and in what I have failed to do;
and I ask blessed Mary, ever virgin,
all the angels and saints,
and you, my brothers and sisters,
to pray for me to the Lord our God.

OR

P. **Lord, we have sinned against you; Lord, have mercy.**
C. Lord, have mercy.
P. **Lord, show us your mercy and love.**
C. And grant us your salvation.

OR

P. **You were sent to heal the contrite: Lord, have mercy.**
C. Lord, have mercy.
P. **You came to call sinners: Christ, have mercy.**
C. Christ, have mercy.
P. **You plead for us at the right hand of the Father: Lord, have mercy.**
C. Lord, have mercy.

P. **Almighty God have mercy upon us, forgive us all our sins, deliver us all from evil, confirm and strengthen us in all goodness, and bring us to life everlasting; through Jesus Christ our Lord.**

OR

P. **May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life.**
C. Amen.

The Kyrie eleison now follows unless it has already been used in one of the forms of the Act of Penance.

P. **Lord have mercy.**		**Kyrie, eleison.**
C. Lord have mercy.		Kyrie, eleison.
P. **Christ have mercy.**	OR	**Christe, eleison.**
C. Christ have mercy.		Christe, eleison.
P. **Lord have mercy.**		**Kyrie, eleison.**
C. Lord have mercy.		Kyrie, eleison.

If it is to be said the Gloria now follows.

THE GLORIA IN EXCELSIS

Glory be to God on high, and in earth peace, good will towards men. We praise thee, we bless thee, we worship thee, we glorify thee, we give thanks to thee for thy great glory, O Lord God, Heavenly King, God the Father Almighty.

O Lord, the only-begotten Son Jesu Christ; O Lord God, Lamb of God, Son of the Father, that takest away the sins of the world, have mercy upon us. (Thou that takest away the sins of the world, have mercy upon us.) Thou that takest away the sins of the world, receive our prayer. Thou that sittest at the right hand of God the Father, have mercy upon us.

For thou only art holy; thou only art the Lord; thou only, O Christ, with the Holy Ghost, art most high in the Glory of God the Father. Amen.

The Priest then says:

Let us pray.

THE COLLECT

The people associate themselves with the prayer by joining in the Amen.

THE LITURGY OF THE WORD

The congregation sit.

The Old Testament Lesson

A Reading from the Old Testament may follow. At the conclusion the Reader says:

This is the word of the Lord.

C. Thanks be to God.

Then follows the Gradual.

The Epistle

A Lesson, usually taken from one of the letters (or 'epistles') of the Apostles is read.

After the Epistle the Reader says

This is the word of the Lord.

C. Thanks be to God.

The Alleluia or another chant may now follow.

The congregation stand.

The Gospel

P. **The Lord be with you.**
C. And with thy spirit.
P. **The holy Gospel is written, etc.**
or **A Reading from the holy Gospel, etc.**
C. ✠ Glory be to thee, O Lord.
The Gospel is then read, telling us something of the life or teaching of our Lord.
After the Gospel:
P. **This is the Gospel of the Lord.**
C. Praise be to thee, O Christ.
If there is a sermon it is preached now.
The congregation sit.
If it is to be said, The Creed now follows:
The congregation stand.

I believe in one God the Father Almighty, Maker of heaven and earth, And of all things visible and invisible: And in one Lord Jesus Christ, the only-begotten Son of God, Begotten of his Father, before all worlds, God of God, Light of Light, Very God of very God, Begotten, not made, Being of one substance with the Father, By whom all things were made: Who for us men and for our salvation came down from heaven *(all bow)*,* **And was incarnate by the Holy Ghost of the Virgin Mary, And was made man, And was crucified also for us under Pontius Pilate. He suffered and was buried, And the third day he rose again according to the Scriptures, And ascended into heaven, And sitteth on the right hand of the Father. And he shall come again with glory to judge both the quick and the dead: Whose kingdom shall have no end. And I believe in the Holy Ghost, The Lord and giver of life, Who proceedeth from the Father and the Son, Who with the Father and the Son together is worshipped and glorified, Who spake by the Prophets.**

And I believe one Holy Catholic and Apostolic Church. I acknowledge one Baptism for the remission of sins. And I look for the Resurrection of the dead, And the life of the world to come. Amen.

**Genuflect on the feast of the Annunciation and on Christmass Day.*

THE PRAYER OF THE FAITHFUL

This is a prayer for all men, according to their needs. It is preceded by an invitation, and includes a series of varying petitions:

1. For the universal church, and especially for the diocese and its bishop.
2. For the nations of the world, and especially for this kingdom and its Queen.
3. For those in need, the sick, the poor and those in trouble.
4. For the local congregation, and for the faithful departed.

Each of these petitions ends:

Lord, hear us.

The congregation reply:

Lord, graciously hear us.

or

P. **Lord, in thy mercy.**

C. Hear our prayer.

The final petition is:

Let us commend ourselves and all God's people, living and dead, to the intercession of our Blessed Lady, the glorious and ever-virgin Mother of God.

All then recite the Hail Mary, after which there is a pause for silent prayer. At the end of the prayer which follows, the Congregation answer: Amen.

THE LITURGY OF THE EUCHARIST

The Offertory Antiphon may be sung as the gifts are brought to the altar.

The congregation sit.

P. **Blessed art Thou, Lord, God of all creation.**
Through Thy goodness we have this bread to offer,
which earth has given and human hands have made.
It will become for us the bread of life.

C. Blessed be God for ever.

(Omitted if singing is in progress.)

P. **Blessed art Thou, Lord, God of all creation.**
Through Thy goodness we have this wine to offer,
fruit of the vine and work of human hands.
It will become our spiritual drink.

C. Blessed be God for ever.

(Omitted if singing is in progress.)

The priest then washes his hands at the side of the altar, saying silently:

Lord, wash away my iniquity; cleanse me from my sin.

The congregation stand.

P. **Pray, brethren: that our sacrifice may be acceptable to God the Father almighty.**

C. The Lord receive this sacrifice at thy hands, to the praise and glory of his name, and to our benefit and that of all his holy Church.

The priest then says the prayer over the gifts.

At the end of the prayer

C. Amen.

THE EUCHARISTIC PRAYER

P. **The Lord be with you.**

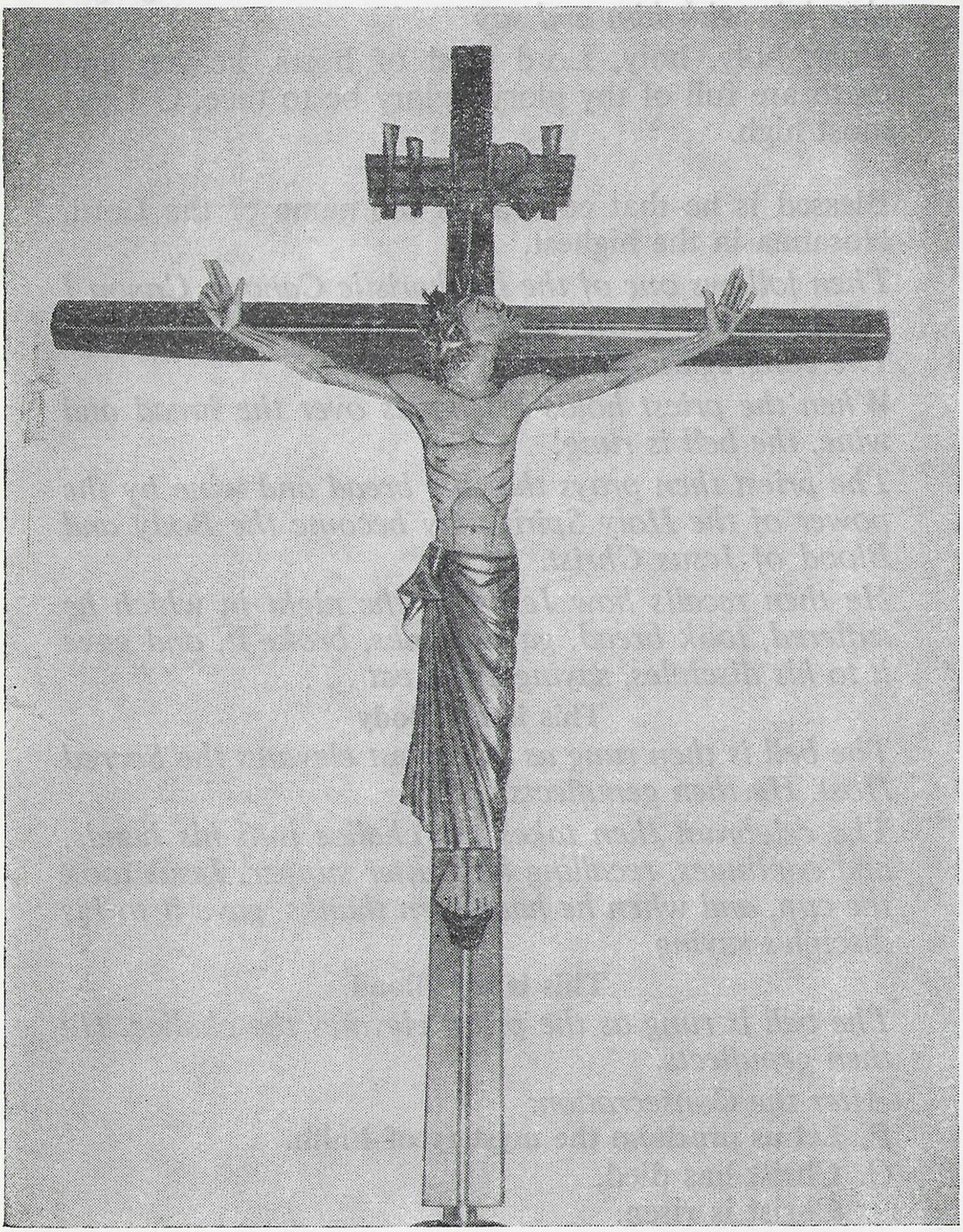
C. And with thy spirit.

P. **Lift up your hearts.**

C. We lift them up unto the Lord.

P. **Let us give thanks unto our Lord God.**

C. It is meet and right so to do.



THE PREFACE

The priest reads the Preface, at the end the congregation join with him and say

Holy, holy, holy, Lord God of hosts, heaven and earth are full of thy glory: glory be to thee, O Lord most high.

Benedictus

Blessed is he that cometh in the name of the Lord. Hosanna in the highest.

Then follows one of the Eucharistic Canons. Canon I will be found in the English Missal.

The congregation kneel.

When the priest holds his hands over the bread and wine, the bell is rung.

The priest then prays that the bread and wine by the power of the Holy Spirit may become the Body and Blood of Jesus Christ.

He then recalls how Jesus, in the night in which he suffered, took bread, gave thanks, broke it, and gave it to his disciples, saying Take eat . . .

This is my Body

The bell is then rung as the priest elevates the Sacred Host. He then genuflects.

The celebrant then takes the chalice into his hands, and continues, recalling how after supper, Jesus took the cup, and when he had given thanks, gave it to his disciples saying

This is my Blood

The bell is rung as the priest elevates the chalice. He then genuflects.

After the Consecration:

P. **Let us proclaim the mystery of Faith.**

C. Christ has died.
Christ is risen.
Christ will come again.

OR

C. Dying you destroyed our death,
Rising you restored our life.
Lord Jesus, come in glory.

OR

C. When we eat this Bread and drink this Cup, we proclaim your death, Lord Jesus, until you come in glory.

OR

C. Lord, by your cross and resurrection you have set us free.
You are the Saviour of the world.

At the end of the Canon:

P. . . . . . **for ever and ever.**

C. Amen.

THE COMMUNION RITE

The congregation stand.

P. **Let us pray. As our Saviour Christ hath commanded and taught us, we are bold to say:**

OR

P. **Let us pray with confidence to the Father in the words our Saviour gave us:**

Our Father, who art in heaven, hallowed be thy name. Thy kingdom come. Thy will be done on earth, as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil.

The priest continues:

Deliver us, Lord, from every evil, and grant us peace in our day. In your mercy keep us free from sin and protect us from all anxiety as we wait in joyful hope for the coming of our Saviour, Jesus Christ.

C. For thine is the kingdom, the power, and the glory, for ever and ever.

P. **O Lord Jesus Christ, who saidst to thine Apostles:**

Peace I leave with you, my peace I give unto you: regard not our sins but the faith of thy Church; and vouchsafe to grant her peace and unity according to thy will: who livest and reignest God, throughout all ages, world without end.

C. Amen.

P. **The peace of the Lord be always with you.**

C. And with thy spirit.

If the people are to exchange a sign of peace (according to local custom) the priest will say:

Let us offer each other the sign of peace.

Agnus Dei

O Lamb of God, that takest away the sins of the world: have mercy upon us.

O Lamb of God, that takest away the sins of the world: have mercy upon us.

O Lamb of God, that takest away the sins of the world: grant us thy peace.

The congregation kneel.

Showing the people the Host the priest says:

Behold the Lamb of God, behold him who takes away the sins of the world.

Happy are those who are called to his supper.

Then together with the people says:

Lord, I am not worthy that thou shouldest come under my roof, but speak the word only and my soul shall be healed *(once only).*

Then the priest receives Holy Communion saying:

May the Body of Christ bring me to everlasting life.

May the Blood of Christ bring me to everlasting life.

The priest now says the Communion Verse.

Giving Holy Communion to the people the priest says:

The Body of Christ.

The communicant answers:

Amen.

As the priest gives the chalice he says:
The Blood of Christ.
The communicant answers:
Amen.
After communion a silence may be kept while all make thanksgiving for the gift of the Body and Blood of Christ.
Then the priest says:
Let us pray.
If the silence was not observed after communion all pray for a short time in silence now.
Then the priest says the Postcommunion Prayer.
The congregation stand.
At the end:
C. Amen.

The Dismissal

P. **The Lord be with you.**
C. And with thy spirit.
The peace of God, which passeth all understanding, keep your hearts and minds in the knowledge and love of God, and of his Son Jesus Christ our Lord.
And the blessing ✠ of God almighty, the Father, the Son, and the Holy Ghost (Spirit), be amongst you, and remain with you always.

OR

P. **May almighty God bless you, the Father, and the Son ✠ and the Holy Ghost (Spirit).**
C. Amen.
The priest dismisses the congregation with one of the following:
Go in the peace of Christ. *Or:*
The Mass is ended, go in peace. *Or:*
Go in peace to love and serve the Lord.
C. Thanks be to God.

AFTER HOLY COMMUNION

A PRAYER OF ST. THOMAS AQUINAS

I yield thee thanks, O Lord, Holy Father, Almighty, Everlasting God, who, not for any merit of mine, but only out of the goodness of thy great mercy, hast vouchsafed to feed me, a sinner, thine unworthy servant, with the precious Body and Blood of thy Son our Lord Jesus Christ; and I pray thee that this Holy Communion may not bring guilt upon me to condemnation, but may be to me for pardon and salvation.

* * * *

Let it be to me an armour of faith and a shield of goodwill. Let it be to me a riddance of all vices, an extermination of all evil desires and lusts, an increase of love and patience, of humility and obedience, and all virtues. A firm defence against the wiles of all enemies, visible and invisible, a perfect quieting of all sinful impulses, both in my flesh and in my spirit; a firm adherence to thee, the one true God, and a perfect end of all my life.

* * * *

And I pray thee to deign to bring me, a sinner, to that Heavenly Feast, where thou, with thy Son and the Holy Ghost, art to thy Saints true Light, full Satisfaction, everlasting Joy, and perfect Happiness. Through the same Jesus Christ our Lord. Amen.

ANIMA CHRISTI

Soul of Christ, be my sanctification,
Body of Christ, be my salvation,
Blood of Christ, fill all my veins,
Water from the side of Christ, wash out
my stains.
May Christ's Passion strengthen me,
O good Jesu, hear me.

In your wounds I fain would hide,
Never to be parted from your side.
Guard me when my foes assail me,
Call me when my life shall fail me.
Command me then to come to you.
That I for all eternity
With your saints may praise you. Amen.

(Cardinal Newman)

OR

Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, inebriate me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O good Jesu, hear me.
Within thy wounds hide me.
Suffer me not to be separated from thee.
From the malicious enemy defend me.
In the hour of my death call me,
And bid me come to thee;
That with thy saints I may praise thee,
For ever and ever. Amen.

BENEDICTION OF THE BLESSED SACRAMENT

All sing together:

O Saving Victim, opening wide
The gate of heaven to man below!
Our foes press hard on every side,
Thine aid supply, thy strength bestow.

All praise and thanks to thee ascend,
For evermore, blest One in Three:
O grant us life that shall not end
In our true native land with thee. Amen.

Here follow some prayers or a Litany:

Then all sing:

Therefore we before him bending,
This great Sacrament revere; *(bow)*
Types and shadows have their ending,
For the newer rite is here;
Faith, our outward sense befriending,
Makes the inward vision clear.

Glory let us give and blessing
To the Father and the Son;
Honour, might, and praise addressing,
While eternal ages run;
Ever too, his love confessing,
Who from both, with both is one. Amen.

Priest. **Thou gavest them Bread from heaven.**

(*Eastertide:* **Alleluia**).

Congregation. Containing in itself all sweetness.

(*Eastertide:* Alleluia).

Priest. **Let us pray.**

O God, who in a wonderful Sacrament hast left unto us a memorial of thy passion; grant us, we beseech thee, so to venerate the Sacred Mysteries of thy Body and Blood, that we may ever perceive within ourselves the fruit of thy redemption; who livest and reignest world without end.

C. Amen.

Bow your head very reverently as the bell rings, and worship the Sacred Host.

THE DIVINE PRAISES

These may be said together with the priest, or said alternately with him, or repeated after him.

Blessed be God.
Blessed be his holy Name.
Blessed be Jesus Christ, true God and true Man.
Blessed be the Name of Jesus.
Blessed be his most Sacred Heart.
Blessed be his most Precious Blood.
Blessed be Jesus in the most holy Sacrament of the Altar.
Blessed be the Holy Ghost, the Paraclete.
Blessed be the great Mother of God, Mary most holy.
Blessed be her holy and Immaculate Conception.
Blessed be her glorious Assumption.
Blessed be the name of Mary, Virgin and Mother.
Blessed be St. Joseph, her spouse most chaste.
Blessed be God in his Angels and in his Saints.

Then all sing the Antiphon:

Let us adore for ever the most holy Sacrament.

PSALM 117

O praise the Lord, all ye heathen: praise him all ye nations.

For his merciful kindness is ever more and more towards us: and the truth of the Lord endureth for ever. Praise the Lord.

Glory be to the Father, and to the Son: and to the Holy Ghost.

As it was in the beginning, is now, and ever shall be: world without end. Amen.

Repeat the Antiphon:

Let us adore for ever the most holy Sacrament.

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